

# GASTON UNITED SOCCER CLUB

## PARENTS HANDBOOK

for

RECREATION



2009-2010

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## I. VISION

To build a fundamentally-based club focusing on player skill development and creating a positive environment for players to compete and grow while becoming students of the game.

A. Philosophy - GUSC, Inc. coaching focuses on the improvement of both individual skills and small team group play, which is essential at the 6-12 age groups. GUSC, Inc believes that the game of soccer is made up of a series of movements and plays linked together by a small number of players (1v1, 2v2, 3v3, etc.) in different parts of the field. ***It's these small group plays that bring out the beauty in the game of soccer!*** We don't want to discourage team play but rather:

- Focus on individual player skill development.
- Play small-sided games in recreation/challenge/classic until U13.

B. Goals –

1. EVERY STEP IS A TOUCH: To build confidence in every touch
2. SAY NO TO KICK AND RUN: integrating or combining Possession as well as Direct play into our teaching
3. SAY YES TO BEAUTIFUL and INTELLIGENT SOCCER!
4. HAVE FUN PLAYING THE GAME.

## II. ORGANIZATIONAL TYPE

GUSC, Inc. is a 501c3 non-profit organization. GUSC, Inc. is a member of the North Carolina Youth Soccer Association and plays under the provided guidelines which can be found at [www.ncsoccer.org](http://www.ncsoccer.org). Gaston United has several different levels of competition besides recreation which can be found on the website at [www.gastonunitedsoccer.org](http://www.gastonunitedsoccer.org).

The beginning level for Gaston United Soccer Club is recreation and further information can be found on the recreation link on the website.

### **III. PLAYER'S AND PARENT'S CONDUCT**

GUSC, Inc. wants all players and parents to enjoy the experience of playing, coaching, or watching kids play soccer.

We encourage parents to cheer for their child in a positive meaningful way. We also encourage parents to **compliment other children from either team** when they play. The focus of winning or humiliating others is not the focus of GUSC, Inc. recreation.

We discourage the following and will give warnings for the following behavior of parents:

- Yelling at the referees.
- Coaching from the sidelines.
- Criticizing the other team.
- Any behavior that is unsportsmanlike.
- Continued poor behavior will result in dismissal from a game or being suspended from attending games or the entire season.

We discourage the following and will give warnings to the parents for the following behavior of their children:

- Fighting
- Bad language
- Spitting
- Taunting
  - **Most behavior should be controlled by the official in the game, however GUSC, Inc. has the right to extend further discipline measures by dismissing the child from the current game or future games or the season. Refunds will not be given.**

## IV. GAME RULES AND GUIDELINES

### A. Field Dimensions

<u>Age</u>	<u>Field Length</u>	<u>Field Width</u>
U6	20-30 yards length	15-25 yards width
U8	25-35 yards length	20-30 yards width
U10	45-60 yards length	35-45 yards width
U12	70-80 yards length	45-55 yards width
U14	100 yards length	55 yards width minimum

### B. Duration of Play & Ball Sizes

<u>Age Div.</u>	<u>Minutes Per Half</u>	<u>Halftime</u>	<u>Ball Size</u>
U12-U14	30 minutes	5-10 minutes	4 and 5
U10	25 minutes	5-10 minutes	4
U8	4 - 10 minute qtrs.	2 minutes qtrs / 5 min. half	3
U6	4 - 8 minute qtrs.	2 minutes qtrs / 5 min. half	3

### C. Number of Players on the Field

<u>Age</u>	<u>Number on Field</u>	<u>Roster Limit</u>
U6	3 v 3 or 4 v 4 with no goalies	8
U8	4 v 4 with no goalies	10
U10	6 v 6 with a goalie	12
U12	8 v 8 with a goalie	14
U14	11 v 11 with a goalie	18

#### D. Rules for Ages Under 6

- Substitutions - can be done at any stoppage of play (unlimited). All players must play 50% of the total playing time.
- Officials - Coaches can officiate only the U6 and under age groups.
- Starts/Restarts - All kick-offs, corner kicks, goal kicks, kick-ins from the sidelines players must be 4 yards from the ball until the ball is put in play. You cannot score off of a sideline kick-in!
- No slide tackling in this age group.
- Spectators should sit on the opposite side of the field and cheer for their child and team, not coach from the sidelines. Spectators are welcome to help retrieve balls that go out of bounds to help keep the pace of play moving.
- No goalies in this age group.
- Players cannot stand in the goal arc.
- 8 minute quarters with a minute 1 break in between quarters and a 5 minute halftime.
- Coaches can be on the field during play.
- There are no penalty kicks. All free kicks must be touched by another player before entering the goal.

#### E. Rules for Ages Under 8

- Substitutions - can be done at any stoppage of play (unlimited). All players must play 50% of the total playing time.
- Officials - There will be one assigned official for these games. (Parents and coaches should avoid complaining to the referee.)
- Starts/Restarts - All kick-offs, corner kicks, goal kicks, kick-ins from the sidelines players must be 4 yards from the ball until the ball is put in play.
- You cannot score off of a sideline kick-in!
- No slide tackling in this age group.
- Spectators should sit on the opposite side of the field. Spectators should be supportive of all participants on the field. Spectators can help retrieve balls that go out of bounds to help keep the pace of playing moving.
- No goalies in this age group.
- Players cannot stand in the goal arc.
- 10 minute quarters with a 1 minute break in between quarters and a 5 minute halftime.
- Coaches should not be on the field during play.

- There are no penalty kicks. All free kicks must be touched by another player before entering the goal.

#### F. Rules for Ages 10 and Under

- Substitutions - can be done only on own throw-in, any goal kick, or after a kick-off. All players must play 50% of the total playing time.
- Officials - There will be one assigned officials for these games. (Parents and coaches should avoid complaining to the referee.)
- Goalies are used in this age group.
- Starts/Restarts - All kick-offs, corner kicks, goal kicks, and free kicks players must be 10 yards from the ball until the ball is put in play.
- Spectators should sit on the opposite side of the field.
- (2) 25 minutes halves will be played with a 5 minute halftime.
- Coaches should not be on the field during play.
- Regular "USSF" rules apply.
- Sportsmanship is required of all players, coaches, and parents. The referee does have the right to suspend and terminate a game. The referee also has the right to remove a spectator from the game.

#### G. Rules for Age 12 and Under & 14 and Under

- Substitutions - can be done only on own throw-in, any goal kick, or after a kick-off. All players must play 50% of the total playing time.
- Officials - There will be two assigned officials for these games. (Parents and coaches should avoid complaining to the referee.)
- Starts/Restarts - All kick-offs, corner kicks, goal kicks, and free kicks players must be 10 yards from the ball until the ball is put in play.
- Spectators should sit on the opposite side of the field.
- (2) 30 minutes halves will be played with a 5 minute halftime.
- Coaches should not be on the field during play.
- Regular "USSF" rules apply.
- Sportsmanship is required of all players, coaches, and parents. The referee does have the right to suspend and terminate a game. The referee also has the right to remove a spectator from the game.

## **V. PRACTICES**

- Practices are held once a week for 1 hour and are mostly on Mondays, Tuesdays, and Thursdays depending on the volunteer coach's schedule. On some occasions teams could have practices on Saturday.
- Practices are held at Bess Elementary or Robinson Elementary in Gastonia.
- The focus of practice is for the kids to learn the fundamentals.
- Each coach is provided with a practice plan for each week of the season.
- We encourage parents to have their children attend all practices so they can experience the benefit of skill improvement.
- A parent must be present during practice.
- Practices will be cancelled for bad weather conditions and notification of the cancellation will be given two hours in advance. Notification of practice cancellations will be done through:
  - Website at [www.gastonunitedsoccer.org](http://www.gastonunitedsoccer.org)
  - Email
  - Phone calls
  - Answering machine at the club office.

## **VI. VOLUNTEERING**

As in most organizations volunteers are very much needed. You can help volunteer for GUSC recreation in a variety of ways.

- Coaching
- Team Parent
- Game Day Setup/Takedown
- Sign-ups: Yard signs, flyers, advertising
- Referees (paid)
- Gopher
- Fun Day volunteer

## **VII. COACHES**

All GUSC, Inc. coaches are required to go through the North Carolina Youth Soccer Association risk management process. The Online Risk Management is basically a background check of the individual coach to ensure the safety of your children. The Risk Management Link can be completed at [www.ncsoccer.org](http://www.ncsoccer.org).

Each coach is also provided practice plans to follow throughout the recreation season that work on the fundamentals of the game.

Each coach has the opportunity to sign up for a Youth I License coaching course hosted by GUSC, Inc. See the website [www.gastonunitedsoccer.org](http://www.gastonunitedsoccer.org) for further details.

Coaches are the primary contact in case of practice cancellations or changes.

Coaches should have excellent sportsmanship.

Coaches should not focus on winning as the priority, but development of the kids. If a coach is coaching recreation and winning is the priority then they should not be coach recreation and should coach at a more competitive level.

Coaches should not run the score up on a team. Soccer has many ways of keeping the score down. Ex: You must pass 7 times without losing the ball before you can shoot.

Coaches should arrive 15 minutes early to setup their field and must stay until all children have been picked up by the appropriate parent.

Coaches will need a whistle for the U6 games to help the control the game since there are no referees at this age.

Coaches should give adequate water breaks.

Coaches should be respectful of all players.

## **VIII. SPONSORSHIPS**

GUSC, Inc. is always looking for sponsorship for our recreation. If you believe you would like to be a sponsor please contact the Director of Operations for GUSC, Inc. at 704-813-3907. YOU or YOUR business can be a sponsor at any time during the year.

## **IX. BENEFITS**

How do you and your child benefit by playing with GUSC, Inc. recreation?

1. Fun
2. Learning the fundamentals
3. Small-sided games
4. Age appropriate guidelines
5. Insurance (secondary) through North Carolina Youth Soccer Assoc.
6. Uniform, ball, fun day.
7. Practice plans given to coaches.
8. Coaching clinics hosted by GUSC, Inc.
9. Skills training days
10. Non-profit 501c3 to accept donations or sponsorships
11. Opportunities for our Competitive Team Individual Training
12. Exercise

## **X. DIRECTIONS**

### **George Poston Park – Friday Night Games**

Location: 1101 Lowell-Spencer Mountain Road, Gastonia, NC 28056

<http://www.co.gaston.nc.us/ParksAndRec/GeorgePoston.HTM>

### **Martha Rivers Park – Skills Nights**

1515 Neal Hawkins Road, Gastonia, NC 28056

<http://maps.google.com/maps?hl=en&tab=wl>

### **WA Bess Elementary – Practice Location**

4340 Beatty Rd., Gastonia, NC 28056

<http://maps.google.com/maps?hl=en&tab=wl>

### **Robinson Elementary – Practice Location**

3122 Union Road, Gastonia, NC 28056

<http://maps.google.com/maps?hl=en&tab=wl>

### **Club Office**

3434 South New Hope Road, Gastonia, NC 28056

Hours: 9:15-11:30 and 1:30-3:30

Please call for an appointment.

[guscdirector@yahoo.com](mailto:guscdirector@yahoo.com) or [guscdebbie@yahoo.com](mailto:guscdebbie@yahoo.com)

704-823-7322